

As they become more independent, girls need to learn how to protect themselves...and parents need to feel confident about letting them go!



Self-Empowerment/Self-Defense Workshop for Teen Girls (ages 13-20)

Location: Port Jefferson Village Center
Dates(2 Sessions): Monday March 15 & 22
Monday April 12 & 19
Time: 4:30-6:30pm
Fee: \$60/session

Learn victim prevention (street, car & relationship safety), build self-confidence, find your voice, instinctive & effective self-defense

Instructor: Presence To My Self, Ltd. owner, Kathy Lahey, is a Licensed Social Worker(LCSW), Addictions Specialist, Certified Self-Defense Instructor, and Black Belt. For over 20 years she has worked to help empower females of all ages through private counseling, groups, and various empowerment workshops. Phone 631-255-3144

Space is limited so register early!

Please make checks payable to: **Presence To My Self, Ltd.** Sorry, no refunds.
Mail to: P.O.Box 165, Port Jefferson, NY 11777

Name: _____ Age: _____
Address: _____
Phone: _____ Session: _____

I give my daughter _____ permission to participate in the PTMS, Ltd. Self-Empowerment/Self-defense Workshop. I agree that she accepts full responsibility for her overall physical and mental fitness, and that in no way does the instructor, the PJ Village Center, or Presence To My Self, Ltd. assume responsibility for any injuries, harm, or damage that may result from their participation in this course.

Parent Signature _____ Date _____